

# Senior Fitness Program



Group picture of some of our students.



- Stretching & Flexibility
- Low Impact Aerobics
- Strength & Balance Training

**Tuesday, Wednesday  
& Thursday Mornings  
8:00 am –9:00 am**

**with Shelia George,  
Certified Fitness Instructor**



**Pruzin Center  
5750 Tyler Street  
Merrillville, Indiana 46410**

**(219) 980-5911**